

A close-up photograph of an archery target with concentric rings of blue, red, and yellow. Three arrows with yellow fletching are embedded in the center bullseye. A black bow is positioned to the left, with its arrows resting on a rack. The background shows a green lawn and a wooden fence.

International Archery Coaching and Training Seminar

Welcome to Brussels, Belgium

The first InterActs (International Archery Coaching and Training seminar) catered for 50 participants from 22 different countries. With an overall satisfaction rate of 88% the organisers looked back to a succesful seminar.

Now, upon personal request of Coach Kisik himself we organise this follow-up seminar in order to cross-over his archery knowledge even more.

In a span of 5 days, one of the most succesful coaches will give an indepth seminar, containing theoretical and practical aspects

For coaches and athletes, a 3-day level 1 course followed by an exam will be offered.

For coaches who have a level 2 accreditation, will sit-in on the level 1 followed by a full practical level 2 course with examination.

We would like to thank our sponsors: the Belgian olympic committee, Accor Hotels and Redbull for their contribution and support.

Introduction

Kisik Lee

Arguably Kisik Lee is the leading coach in the modern era of the sport of archery. He has been the Head Archery Coach of Korea leading them to success over numerous Olympic games, he brought Australia out of the archery wilderness in 2000 and 2004 achieving their only ever Olympic medals (including gold) and is currently head coach of the United States of America and coach of world top ranked archers like Brady Ellison.

Mr Lee's coaching experience spans eight Olympics and his record speaks for itself:

Olympic Medals: 7 Gold, 5 Silver and 3 Bronze

World Championships medals: 11 Gold, 8 Silver and 5 Bronze

Mr Lee has written two books on coaching archery and was appointed as FITA (World Archery) Coach Committee member in 2011.

More info: www.kisiklee.com

Program

Wednesday October 1st, 2014

12:30 – 13:00	Registration
13:00 – 14:45	Biomechanics in archery part 1 (level1)
14:45 – 15:00	Break
15:00 – 16:00	Biomechanics in archery part 2 (level 1)
16:00 -18:00	Level 2 training
18:00 – ...	Welcome drink

Thursday October 2nd, 2014

08:00 – 09:45	Developing the coach's eye (level1)
09:45 - 10:00	break
10:00 – 12:00	KSL Shot cycle (level 1)
12:00-13:00	Lunch
12:30-14:45	KSL Shot cycle (level 1)
14:45-15:00	Break
15:00-16:00	KSL Shot cycle (level 1)
16:00-18:00	Level 2 training

Program

Friday October 3th, 2014

08:00 – 09:45	KSL Shot cycle (level 1)
09:45 - 10:00	Break
10:00 – 12:00	KSL Shot cycle (level 1)
12:00-13:00	Lunch
12:30-14:45	Beheavior and motivation in the Coaching Box + Coaching philosophy
14:45-15:00	Break
15:00-16:00	Coach philosophy (level 1)
16:00-18:00	Level 2 training

Saturday October 4th, 2014

08:00 – 10:00	Exam level 1
10:00-11:30	Exam level 2
11:30-12:00	Proclamation level 1
12:00-13:00	Lunch
13:00-15:30	Exam level 2
15:30-15:45	break
15:45 – 18:00	Exam level 2

Program

Sunday October 5th, 2014

12:30 – 15:00	Exam level 2
15:00 – 15:30	Proclamation level 2

N.B.: the program can be subject to change

Level 1

Level 1 is a theory level using modern archery techniques. Archers and coaches will benefit from this three day course that is followed by a multiple choice exam. Sitting the exam is not compulsory however those who successfully pass the Level 1 exam will receive KLICC Level 1.

Level 2

Only those who have participated in a previous Level 1 seminar are eligible to attempt Level 2 training and accreditation. Those who are already Level 1 certified must attend Level 1 again as a refresher. Those who have successfully passed Level 1 and Level 2 exams will receive KLICC Level 2.

Eligibility information

Anyone can attend and take the level 1 exam.

Only those who have participated (whether they passed or failed) in a previous level 1 seminar are able to attempt level 2 training and accreditation.

Level 1 must be passed prior to sitting the level 2 exam. For instance if a person has attended the level 1 seminar last year but failed the level 1 exam. This person can sit Level 1 again and is allowed to do the level 2 training. If they pass level 1 this time they can then sit the level 2 exam. If they fail the level 1 exam, they have done training for the level 2 but will not be able to sit the level 2 exam.

Those who sat level 1 last year and passed need to attend level 1 again as a refresher if they want to do the level 2 training and level 2 exam.

Seminar Fee

Seminar fee will include refreshments during breaks, seminar material (in accordance with coach Lee), welcome drink, participation certificate.

Upon registration via www.kisiklee.com a confirmation mail will be send to the participant. The organising committee will also receive these confirmation mails and will send the necessary information for completing your registration.

Registration is only complete upon receipt of payment by bank transfer.

Account number: IBAN: BE76 0017 0395 0395

BIC: GEBABEBB

Account name: VZW B.A.A.

Comment: interacts follow up

	Obtaining Level 1		Obtaining Level 2	
	Early bird (until 15/08)	Entry after 15/08	Early bird (until 15/08)	Entry after 15/08
Youth (<21)	€ 150	€ 250	€ 250	€ 350
Student	€ 150	€ 250	€ 250	€ 350
regular	€ 250	€ 350	€ 350	€ 450

Venue

Grand Serment Royal des Archers de Saint-Sébastien de Bruxelles

The Venue is home to one of the oldest archery clubs in Europe with roots dating from the year 1381. Housing marvelous archery relics from the old days and the incredible scenery makes this club an ideal place to clash the old with the new.

Address

Marathonlaan 1
1020 Brussels
Belgium



Transport

Drive 15.4 km, 15 min

- Brussels Airport

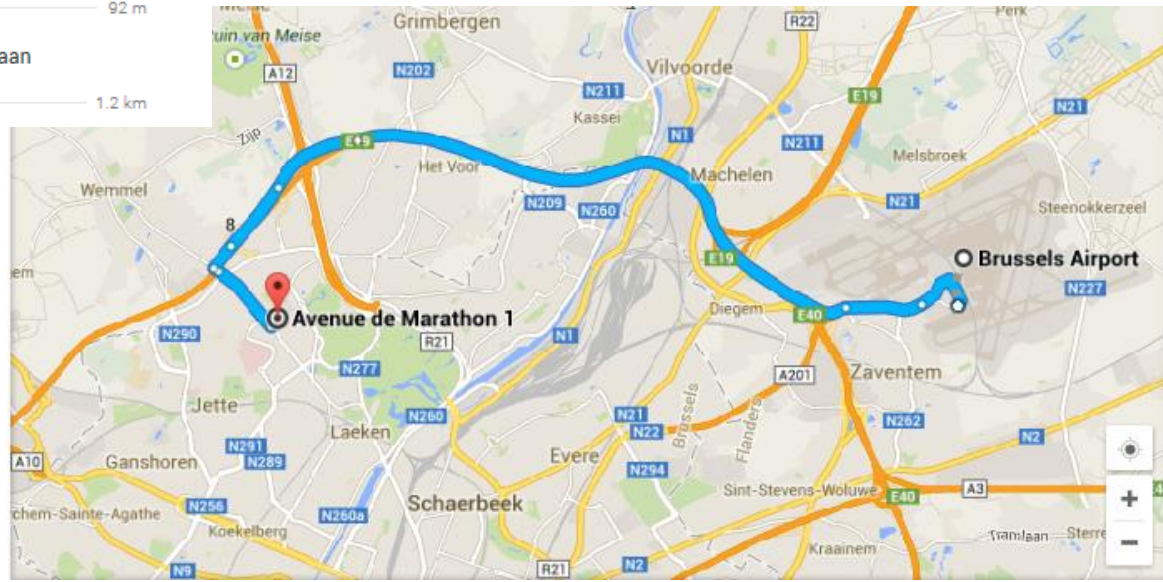
A201, 1930 Zaventem, Belgium

-  Head northeast on Leopoldlaan 1.1 km / 3 min
-  Take E40 to Av. de Limburg Stirum/De Limburg Stirumlaan in Wemmel. Take exit **Strombeek-Bever** from E40 12.9 km / 9 min
-  Take Houba de Strooperlaan to Av. de Marathon/Marathonlaan in Brussel 1.4 km / 3 min
-  7. Turn left onto Av. de Limburg Stirum/De Limburg Stirumlaan 92 m
-  8. Continue onto Av. Houba de Strooper/Houba de Strooperlaan 1.2 km

Arriving by plane at Brussels airport:

Airport shuttles drive between the airport and the Brussels Midi train station from where the public transport can be taken to the venue.

If you should rent a car at the airport it is about a 15 min drive between the airport and the venue,



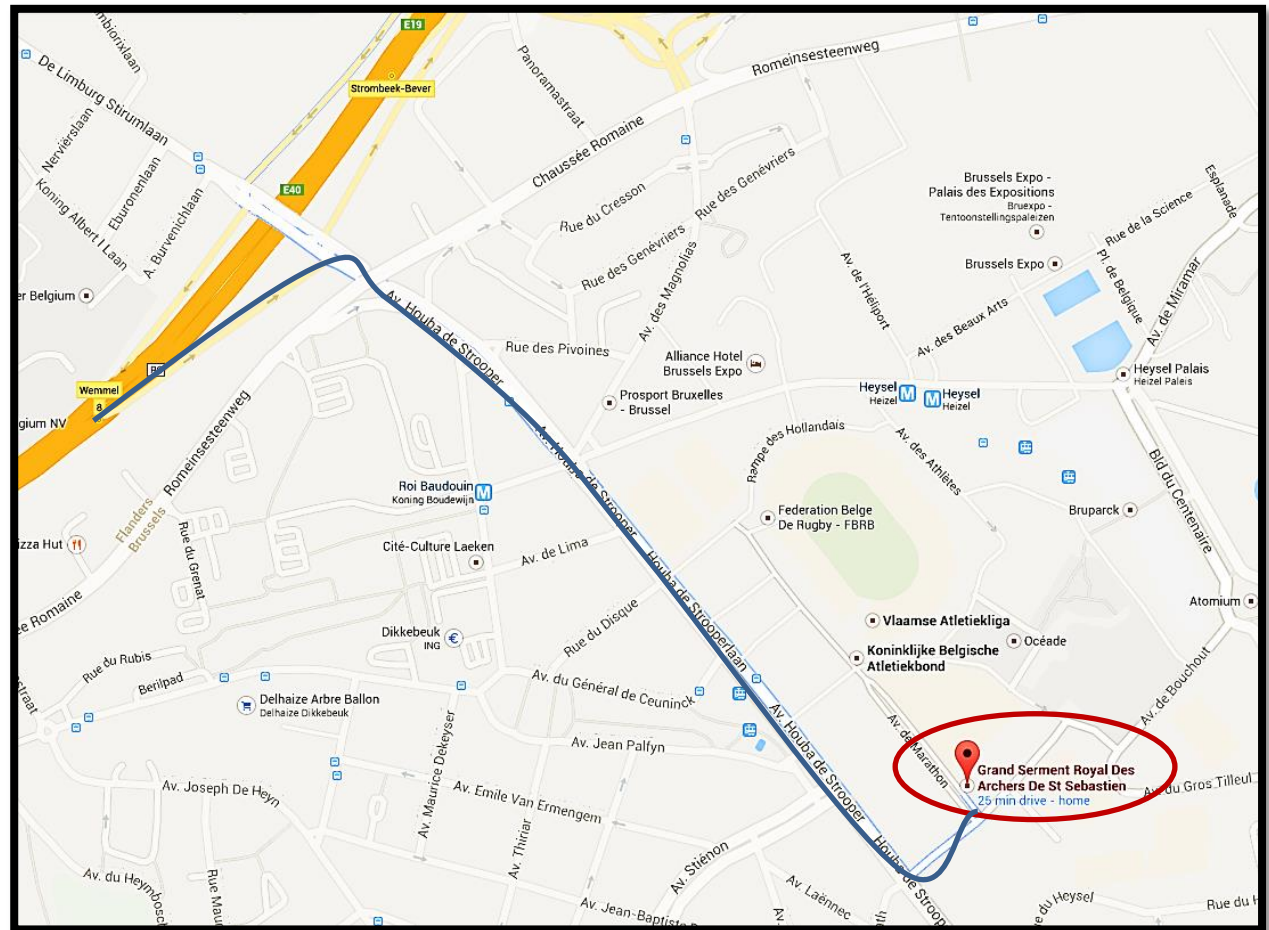
Transport

Arriving at the venue by car

Take highway (E19) exit number 8 (Wemmel) and continue onto Av. Houba de Strooper/Houba de Strooperlaan.

Turn left on Av. Houba de Strooper/Houba de Strooperlaan onto Boechoutlaan/Av. de Bouchout

Take the 1st left onto Av. De Marathon /Marathonlaan



Transport

Arriving at the venue by public transport (underground)

Head northwest on Av. Houba de Strooper/Houba de Strooperlaan toward Rue Théophile De Baisieux/Théophile De Baisieuxstraat

Turn right onto Boechoutlaan/Av. de Bouchout

Take the 1st left onto Av. de Marathon/Marathonlaan

